

6+ 3+ 1

6

DAILY

- Movement
- Mind Cleanse
- Meditation
- Mozart Time
- Act of Appreciation
- Time Block

3

WEEKLY

- Winners Checklist
- Friday 15
- Thank You 15

1

MONTHLY

- Review last month's goal progress & reset for month ahead
- What went well?
- What didn't?
- What do I need to do more of?
- What should I do differently?
- Who's help do I need?
- How can I become more consistent with my high value goal focused actions?